RUSSWOLE POWERBUILDING PROGRAM VOL. 3

WELCOME TO VOL. 3 OF THE RUSSWOLE POWERBUILDING PROGRAM. THIS IS THE THIRD INSTALLMENT OF THE POWERBUILDING PROGRAMS THAT ARE DEDICATED TO GIVE EACH PERSON THE UNIQUE EXPERIENCE OF COMBING POWERLIFTING AND BODYBUILDING PRINCIPALS. DURING THE COURSE OF THIS PROGRAM YOU WILL HAVE THE INTENSE PUMP THAT BODYBUILDERS SEEK WHILE ENJOYING THE INCREASE OF STRENGTH THAT POWERLIFTERS STRIVE SO HARD TO ACQUIRE.

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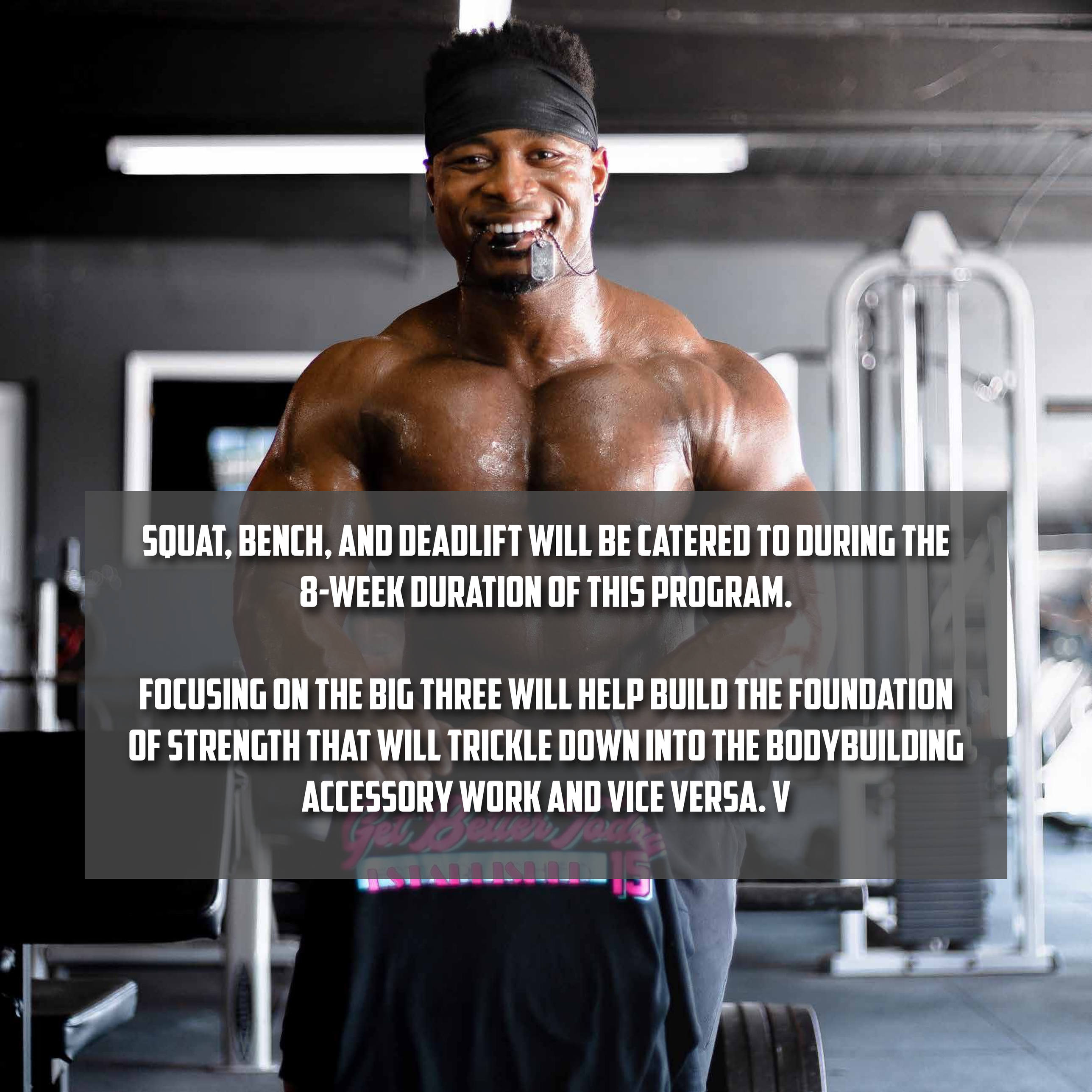
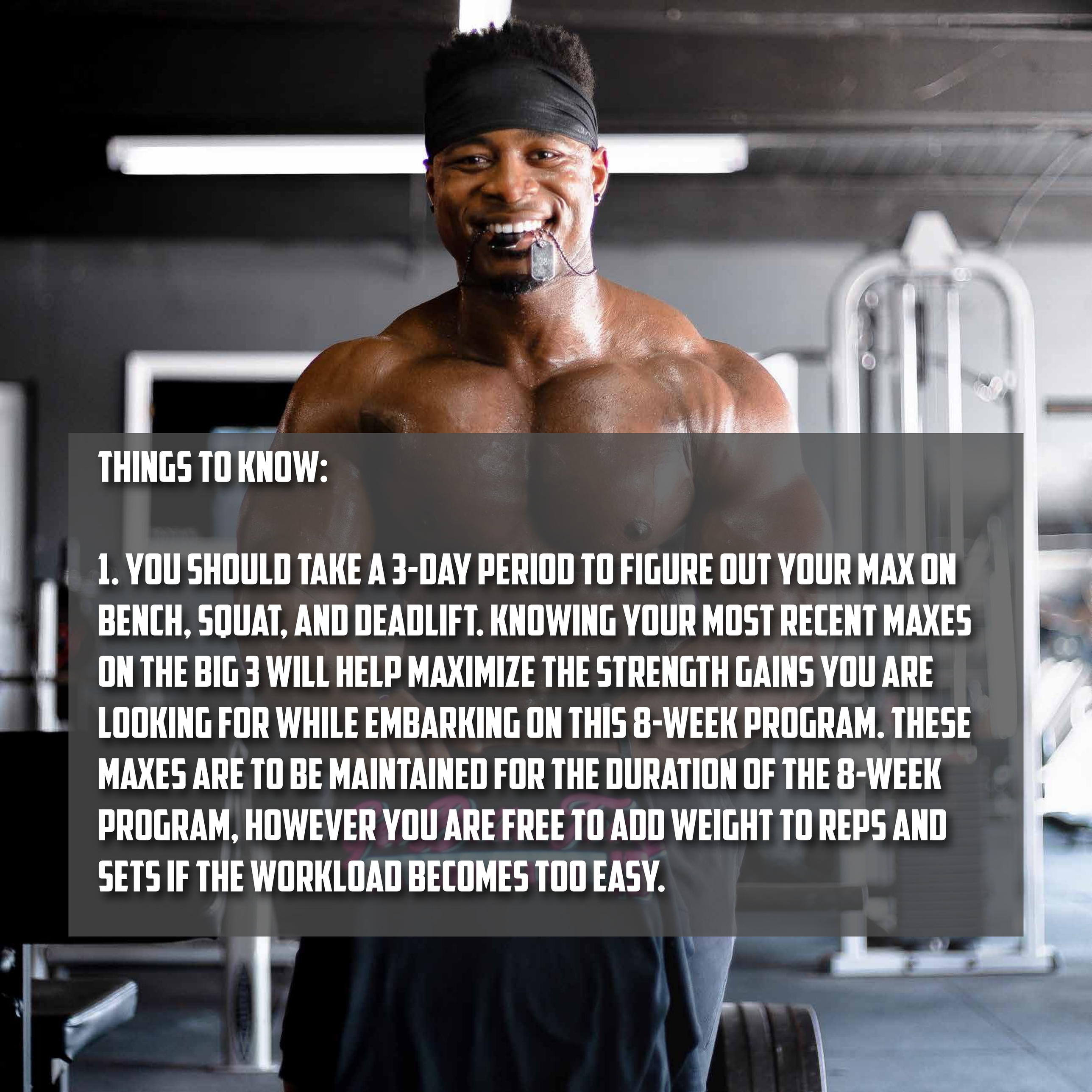


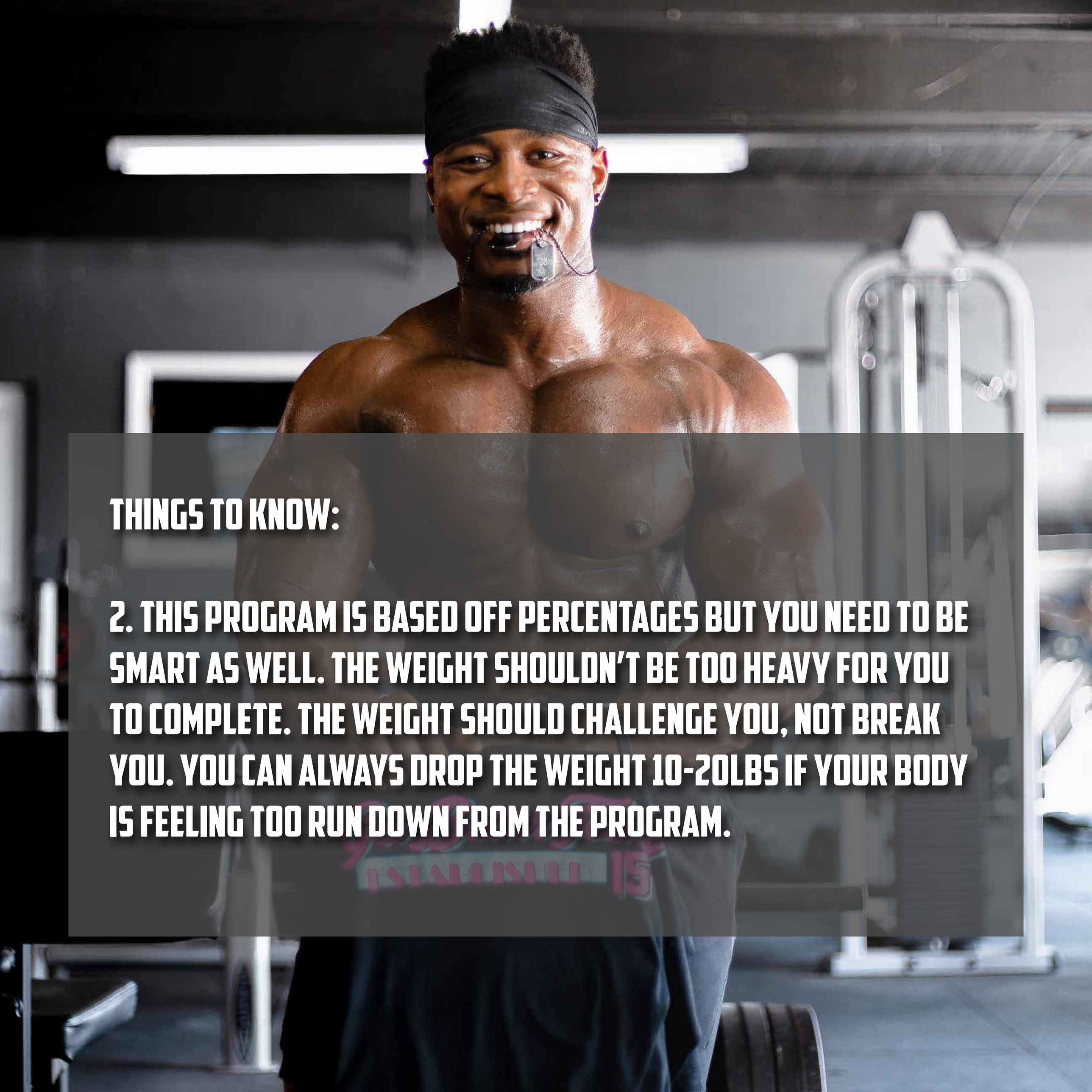
SQUAT, BENCH, AND DEADLIFT WILL BE CATERED TO DURING THE 8-WEEK DURATION OF THIS PROGRAM.

FOCUSING ON THE BIG THREE WILL HELP BUILD THE FOUNDATION OF STRENGTH THAT WILL TRICKLE DOWN INTO THE BODYBUILDING ACCESSORY WORK AND VICE VERSA. V



THINGS TO KNOW:

1. YOU SHOULD TAKE A 3-DAY PERIOD TO FIGURE OUT YOUR MAX ON BENCH, SQUAT, AND DEADLIFT. KNOWING YOUR MOST RECENT MAXES ON THE BIG 3 WILL HELP MAXIMIZE THE STRENGTH GAINS YOU ARE LOOKING FOR WHILE EMBARKING ON THIS 8-WEEK PROGRAM. THESE MAXES ARE TO BE MAINTAINED FOR THE DURATION OF THE 8-WEEK PROGRAM, HOWEVER YOU ARE FREE TO ADD WEIGHT TO REPS AND SETS IF THE WORKLOAD BECOMES TOO EASY.



THINGS TO KNOW:

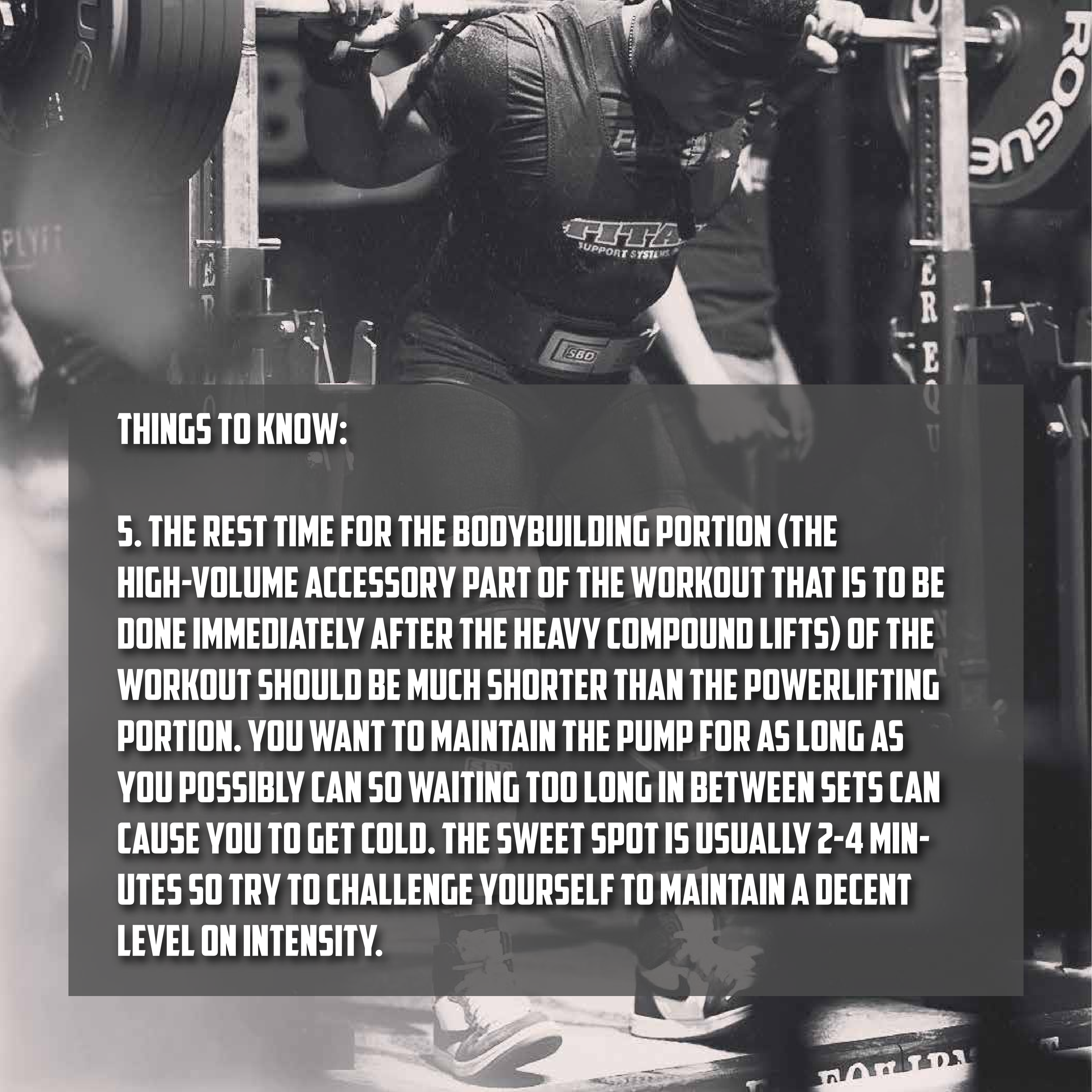
2. THIS PROGRAM IS BASED OFF PERCENTAGES BUT YOU NEED TO BE SMART AS WELL. THE WEIGHT SHOULDN'T BE TOO HEAVY FOR YOU TO COMPLETE. THE WEIGHT SHOULD CHALLENGE YOU, NOT BREAK YOU. YOU CAN ALWAYS DROP THE WEIGHT 10-20LBS IF YOUR BODY IS FEELING TOO RUN DOWN FROM THE PROGRAM.

THINGS TO KNOW:

3. THE BASE OF THE PROGRAM IS STRUCTURED AROUND POWERLIFTING SO IT IS IMPORTANT TO KEEP IN MIND THE BIG COMPOUND MOVEMENTS ARE TO BE DONE FIRST. THESE HEAVY COMPOUND MOVEMENTS TAKE PRIORITY OVER THE BODYBUILDING MOVEMENTS IF THERE ARE DAYS WHERE YOU HAVE A LIMITED AMOUNT OF TIME TO GET A WORKOUT IN.

THINGS TO KNOW

4. REST TIME IS SOMETHING THAT IS UP TO THE INDIVIDUAL RUNNING THE PROGRAM. THE POWERLIFTING PORTION OF THE WORKOUT (THE PART THAT INCLUDES SQUAT, BENCH, OR DEADLIFT) CAN HAVE A REST TIME THAT RANGES FROM 5-10 MINUTES BETWEEN SETS. THE LIFTER HAS COMPLETE CONTROL IN THAT ASPECT BECAUSE THEY NEED TO BE AS PREPARED AS THEY POSSIBLY CAN TO ACHIEVE MAXIMUM EFFICIENT STRENGTH OUTPUT ON EACH SET.



THINGS TO KNOW:

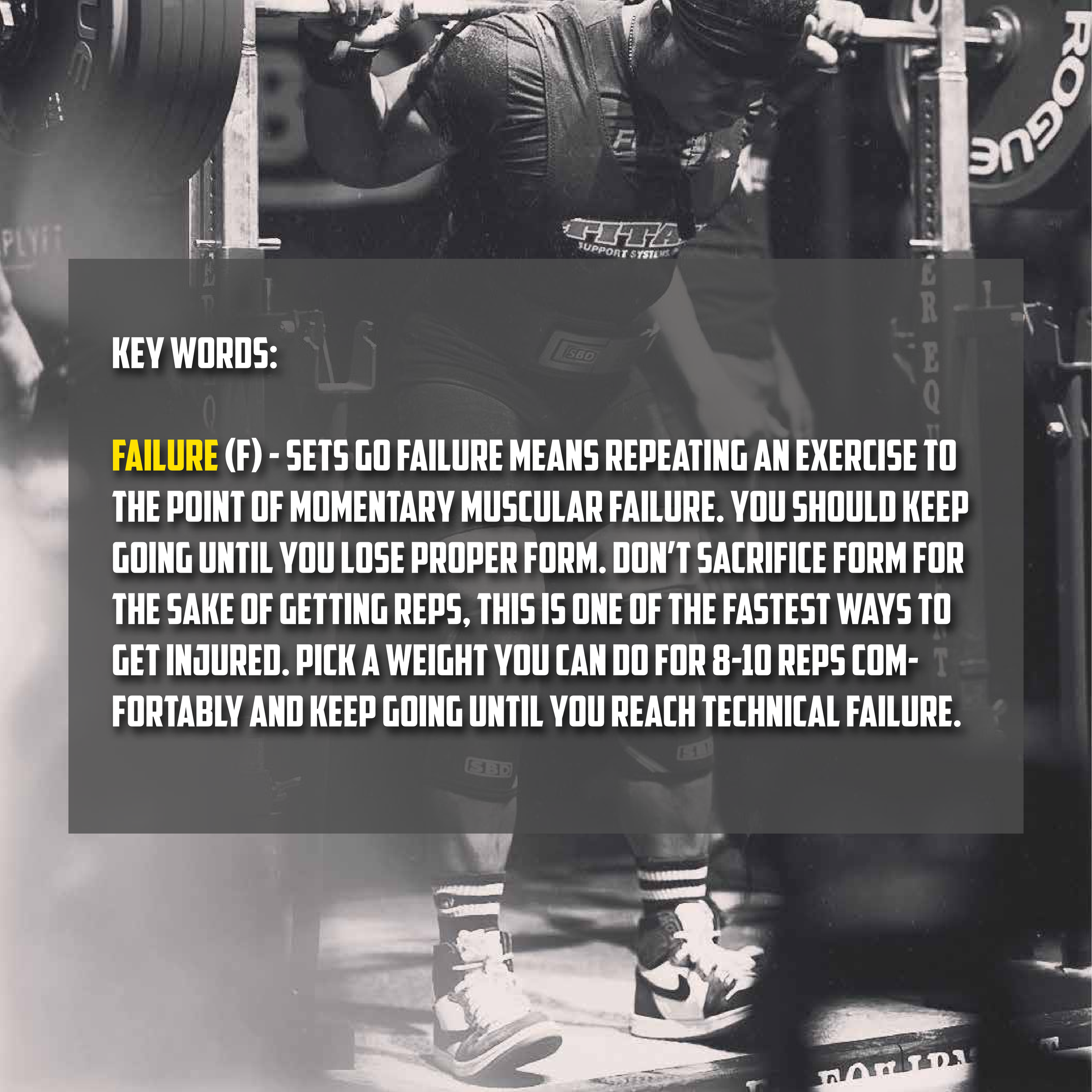
5. THE REST TIME FOR THE BODYBUILDING PORTION (THE HIGH-VOLUME ACCESSORY PART OF THE WORKOUT THAT IS TO BE DONE IMMEDIATELY AFTER THE HEAVY COMPOUND LIFTS) OF THE WORKOUT SHOULD BE MUCH SHORTER THAN THE POWERLIFTING PORTION. YOU WANT TO MAINTAIN THE PUMP FOR AS LONG AS YOU POSSIBLY CAN SO WAITING TOO LONG IN BETWEEN SETS CAN CAUSE YOU TO GET COLD. THE SWEET SPOT IS USUALLY 2-4 MIN-UTES SO TRY TO CHALLENGE YOURSELF TO MAINTAIN A DECENT LEVEL ON INTENSITY.

KEY WORDS:

THERE WILL BE VERBIAGE IN THE PROGRAM THAT MAY BE UNFAMILIAR TO SOME SO BELOW THERE WILL BE AN EXPLANATION OF WORDS YOU ARE UNFAMILIAR WITH.

SUPERSET (SS) - ALTERNATING SETS OF TWO DIFFERENT EXERCISES WITH NO REST IN BETWEEN. IN THE PROGRAM "SUPERSET" WILL BE WRITTEN SIGNALING THAT THE NEXT TWO EXERCISES SHOULD BE DONE IMMEDIATELY AFTER ONE ANOTHER.

TRISET (TS) - ALTERNATING SETS OF THREE DIFFERENT EXERCISES WITH NO REST IN BETWEEN. IN THE PROGRAM "TRISET" OR "TS" WILL BE WRITTEN SIGNALING THAT NEXT 3 EXERCISES SHOULD BE DONE IMMEDIATELY AFTER ANOTHER.



KEY WORDS:

FAILURE (F) - SETS GO FAILURE MEANS REPEATING AN EXERCISE TO THE POINT OF MOMENTARY MUSCULAR FAILURE. YOU SHOULD KEEP GOING UNTIL YOU LOSE PROPER FORM. DON'T SACRIFICE FORM FOR THE SAKE OF GETTING REPS, THIS IS ONE OF THE FASTEST WAYS TO GET INJURED. PICK A WEIGHT YOU CAN DO FOR 8-10 REPS COMFORTABLY AND KEEP GOING UNTIL YOU REACH TECHNICAL FAILURE.

KEY WORDS:

PYRAMID SETS (PS) - PYRAMID TRAINING IS A COLLECTION OF SETS, OF THE SAME EXERCISE, THAT START WITH A LIGHT WEIGHT AND HIGHER REPS, BUILDING UP TO A HEAVIER WEIGHT AND FEWER REPS. A FULL PYRAMID TRAINING SET IS AN EXTENSION OF THIS, REDUCING THE WEIGHT AFTER YOU HAVE REACHED THE PEAK, UNTIL YOU COMPLETE THE PYRAMID. THERE WILL BE A TOTAL OF 4 SETS. 3 SETS WILL BUILD UP TO THE TOP OF THE PYRAMID 10, 6, 4, AND THEN A SET OF 10-15 REPS WITH THE SAME WEIGHT YOU DID TO START THE PYRAMID.

PRE EXHAUSTION (PE) - THIS IS A METHOD THAT ISOLATES A MUSCLE FOR ONE SET BEFORE IT IS WORKED WITH A HEAVIER COMPOUND MOVEMENT. IT IS ANOTHER WAY TO HELP "FEEL" THE MUSCLE GETTING WORKED.

GET BETTER TODAY

KEEP TRACK OF YOUR PROGRESS AND FOLLOW THE PROGRAM DILIGENTLY TO GET THE BEST POSSIBLE RESULTS. DON'T CHEAT YOURSELF TO FEEL COMFORTABLE. LEAVE EVERY SESSION SAYING "THERE'S NOTHING MORE I COULD HAVE DONE TODAY". DON'T BE SHY TO POST YOUR PROGRESS ON IG OR TWITTER WITH THE #GETBETTERTODAY ON THE POST. I FOLLOW THE HASHTAG AND I'M CONSTANTLY KEEPING UP WITH PEOPLE THAT RUN THE PROGRAM OR HAVE QUESTIONS HERE AND THERE. REMEMBER TO HOLD YOURSELF ACCOUNTABLE, SET NEW STANDARDS AND GET BETTER TODAY!

RUSSWOLE POWERBUILDING PROGRAM VOL. 3

DAY 1

	WEEK 1		WEEK 2		WEEK 3		WEEK 4		WEEK 5		WEEK 6		WEEK 7		WEEK 8	
	PAUSE SQUAT 1X2	75% OF YOUR 1RM	PAUSE SQUAT 1X2	77.5% OF YOUR 1RM	SQUAT 1X1	85% OF YOUR 1 RM	SQUAT 1X1	87.5% OF YOUR 1RM	SQUAT 4X5	80% OF YOUR 1RM	SQUAT 4X3	85% OF 1RM	SQUAT 4X2	90-92.5% OF 1RM	SQUAT 1X1	MAX OUT
	SQUAT 3X6	72.5% OF YOUR 1RM	SQUAT 3X6	75% OF YOUR 1RM	SQUAT 3X8	75% OF YOUR 1RM	SQUAT 3X8	75-77.5% OF YOUR 1RM	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
	DB RDL	4X12	LEG PRESS	3XFAILURE	DB RDL	4X12	LEG PRESS	3XFAILURE	ROMANIAN DEADLIFT	3X10	HAMSTRING CURL	1XFAILURE	ROMAINIAN DEADLIFT	3X10	HAMSTRING CURL	1XFAILURE
	LEG PRESS	4X10	LEG EXTENSIONS	4X12	LEG PRESS	4X10	LEG EXTENSIONS	4X12	HAMSTRING CURLS	3X12	DB RDL	4X10	HAMSTRING CURLS	3X12	DB RDL	4X10
	LEG EXTENSIONS	3X15	HAMSTRING CURLS	3X15	LEG EXTENSIONS	3X15	HAMSTRING CURLS	3X15	DB RDLS	4X10	GOBLET SQUATS	4X8	DB RDLS	4X10	GOBLET SQUATS	4X8
	HAMSTRING CURLS	3X15	DB ROMANIAN DL	3X12	HAMSTRING CURLS	3X15	DB ROMANIAN DL	3X12	LEG EXTENSIONS	3XFAILURE	WEIGHTED STEP UPS	3X12	LEG EXTENSIONS	3XFAILURE	WEIGHTED STEP UPS	3X12
	GOBLET SQUATS	4X8	HACK SQUATS	4X8-10	GOBLET SQUATS	4X8	HACK SQUATS	4X8-10	WEIGHTED LUNGES	5X10	CALF RAISES	3X20	WEIGHTED LUNGES	5X10	CALF RAISES	3X20
	CALF RAISES	3X20	CALF RAISES	3X20	CALF RAISES	3X20	CALF RAISES	3X20	CALF RAISES	3X20			CALF RAISES	3X20		

DAY 2

	BENCH 1X1	87.5% OF YOUR 1RM	BENCH 1X1	87.5%-92.5% OF 1RM	BENCH 1X1	85% OF YOUR 1RM	BENCH 1X1	85% OF YOUR 1RM	BENCH 1X1	87.5% OF 1RM	BENCH 1X1	90% OF 1RM	BENCH 4X2	85-92.5% OF 1RM	BENCH 1X1	MAX OUT
	BENCH 3X6	72.5% OF YOUR 1RM	BENCH 3X6	75% OF 1RM	BENCH 3X7	75% OF YOUR 1RM	BENCH 3X8	75-77.5% OF 1RM	BENCH 4X5	77.5% OF 1RM	BENCH 4X3	85% OF 1RM	CLOSE GRIP BENCH 3X7	60% OF 1RM	CLOSE GRIP BENCH 3X8	45% OF 1RM
(PYRAMID SET)	INCLINE DB BENCH	4 SETS	DB FLOOR PRESS	4X10	INCLINE DB BENCH	4 SETS	DB FLOOR PRESS	4X10	BB INCLINE BENCH	4 SETS	ARNOLD PRESS	4 SETS	BB INCLINE BENCH	4 SETS	ARNOLD PRESS	4 SETS
(FAILURE)	CABLE CROSSOVER	2 SETS	DB LATERAL RAISES	4X12	CABLE CROSSOVER	2 SETS	DB LATERAL RAISES	4X12	STANDING OHP	3X8	DB FRONTAL RAISES	4X10	STANDING OHP	3X8	DB FRONTAL RAISES	4X10
(PYRAMID SET)	DB SHOULDER PRESS	4 SETS	REVERSE GRIP DB PRESS	4 SETS	DB SHOULDER PRESS	3X12	REVERSE GRIP DB PRESS	4 SETS	DB LATERAL RAISES	3X10	DB LATERAL RAISES	4X10	DB LATERAL RAISES	3X10	DB LATERAL RAISES	4X10
	DB LATERAL RAISES	3X12	ARNOLD PRESS	3X8	DB LATERAL RAISES	3X12	ARNOLD PRESS	3X8	WEIGHTED PUSHUPS	4X12	FACEPULLS	4X10	WEIGHTED PUSHUPS	4X12	FACEPULLS	4X10
(FAILURE)	BENT OVER REAR DELT FLY	3 SETS	FACE PULLS	4X12	BENT OVER REAR DELT FLY	3 SETS	FACE PULLS	4X12	45LB PLATE RAISES	3X15	CABLE UPRIGHT ROW	2 SETS	45LB PLATE RAISES	3X15	CABLE UPRIGHT ROW	2 SETS

DAY 3

	DEADLIFT 1X1	87.5% OF YOUR 1RM	DEADLIFT 1X1	87.5% OF 1RM	DEADLIFT 1X1	90% OF 1RM	DEADLIFT 1X1	87.5-90% OF 1RM	DEADLIFT 1X1	87.5% OF 1RM	DEADLIFT 1X1	90% OF 1RM	DEADLIFT 4X2	90% OF 1RM	DEADLIFT 1X1	MAX OUT
	DEADLIFT 2X7	70% OF YOUR 1RM	DEADLIFT 3X6	70-75% OF 1RM	DEADLIFT 3X6	70-75% OF YOUR 1RM	DEADLIFT 4X5	77.5-80% OF YOUR 1 RM	DEADLIFT 4X4	82.5-85% OF 1RM	DEADLIFT 4X3	82-85% OF 1RM	SEATED CABLE ROW	4X12	DEFICIT DEADLIFT 2X6	50% OF 1RM
(BODYWEIGHT)	INVERTED ROW	4X12-15	BARBELL ROW	4 SETS	INVERTED ROW	4X12-15	BARBELL ROW	4 SETS	SEATED CABLE ROW	4X12	WIDE GRIP PULLDOWNS	4X12	1 ARM PULLDOWNS	3X8	WIDE GRIP PULLDOWNS	4X12
	UNDERHAND BB ROW	3X8	LAT PULLDOWNS	3X12	UNDERHAND BB ROW	3X8	LAT PULLDOWNS	3X12	1 ARM PULLDOWNS	3X8	HIGH ROW MACHINE	4X12	DB PULLOVERS	4X8-10	HIGH ROW MACHINE	4X12
	SEATED CABLE ROW	4X8	INCLINE DB ROW	2 SETS	SEATED CABLE ROW	4X8	INCLINE DB ROW	2 SETS	DB PULLOVERS	4X8-10	V-BAR PULLDOWNS	3X10	V-BAR PULLUP	3XFAILURE	V-BAR PULLDOWNS	3X10
	SINGLE ARM PULLDOWN	4X10	UNDER HAND LAT PULLDOWN	3X12	SINGLE ARM PULLDOWN	4X10	UNDER HAND LAT PULLDOWN	3X12	V-BAR PULLUP	3XFAILURE	STRT BAR PULLOVER	4X8	INCLINE DB ROW	3X12	STRT BAR PULLOVER	4X8
(FAILURE)	V-BAR PULLDOWN	2 SETS	ROPE PULLOVER	3X15	V-BAR PULLDOWN	2 SETS	ROPE PULLOVER	3X15	INCLINE DB ROW	3X12						

DAY 4

	BENCH 3X4	75-80% OF YOUR 1RM	BENCH 3X4	77.5% OF YOUR 1RM	BENCH 3X5	77.5% OF YOUR 1RM	BENCH 4X5	75-77.5% OF 1RM	BENCH 4X5	70% OF 1RM	BENCH 4X5	70% OF 1RM	BENCH 4X5	70% OF 1RM	BENCH 4X5	70% OF 1RM
	CLOSE GRIP BENCH 3X8	55% OF 1RM	STRAIGHT BAR CURLS	3X7	CLOSE GRIP BENCH 3X8	50% OF YOUR 1RM	STRAIGHT BAR CURLS	3X7	STRAIGHT BAR EXT	1 SET	STRAIGHT BAR CABLE CURL	1 SET	STRAIGHT BAR EXT	1 SET	STRAIGHT BAR CABLE CURL	1 SET
(TRISET)	STRAIGHT BAR CURLS	4X10	STRAIGHT BAR CURLS	3X7	STRAIGHT BAR CURLS	4X10	STRAIGHT BAR CURLS	3X7	INCLINE EZ BAR SKULLCRUSH	4X12	ALT DB CURLS	4X12	INCLINE EZ BAR SKULLCRUSH	4X12	ALT DB CURLS	4X12
	SKULL CRUSHERS	4X10	STRAIGHT BAR CURLS	3X7	SKULL CRUSHERS	4X10	STRAIGHT BAR CURLS	3X7	STRAIGHT BAR CURLS	4 SETS	WEIGHT BENCH DIPS	4X15	STRAIGHT BAR CURLS	4 SETS	WEIGHT BENCH DIPS	4X15
	ALTERNATE DB CURLS	4X10	STRAIGHT BAR TRI EXT	4 SETS	ALTERNATE DB CURLS	4X10	STRAIGHT BAR TRI EXT	4 SETS	TATE PRESS	4X10	SPIDER CURLS	3X12	TATE PRESS	4X10	SPIDER CURLS	3X12
(PYRAMID SET)	OVERHEAD DB EXTENSIONS	4 SETS	1 ARM CABLE TRI EXT	3X8	OVERHEAD DB EXTENSIONS	4 SETS	1 ARM CABLE TRI EXT	3X8	ALT DB CURLS	4X10	DIAMOND PUSHUPS	3XFAILURE	ALT DB CURLS	4X10	DIAMOND PUSHUPS	3XFAILURE
	ROPE CURLS	4X8	ALT DB INCLINE CURLS	4X12	ROPE CURLS	4X8	ALT DB INCLINE CURLS	4X12	ROPE HAMMER CURLS	3X10	V-BAR PUSHDOWNS	3XFAILURE	ROPE HAMMER CURLS	3X10	V-BAR PUSHDOWNS	3XFAILURE
(FAILURE)	STRAIGHT BAR PUSHDOWNS	2 SETS	REVERSE GRIP TRI EXT	2 SETS	STRAIGHT BAR PUSHDOWNS	2 SETS	REVERSE GRIP TRI EXT	2 SETS								

DAY 5

	SQUAT 3X5	72.5% OF YOU 1RM	SQUAT 3X5	72.5% OF YOUR 1RM	SQUAT 4X5	75% OF YOUR 1RM	SQUAT 4X5	75% OF YOUR 1RM	SQUAT 3X6	70% OF 1RM	SQUAT 3X5	72.5% OF 1RM	SQUAT 3X3	70% OF 1RM	N/A	N/A
	DUMBBELL LUNGES	4X12	DB RDL	4X12	DUMBBELL LUNGES	4X12	DB RDL	4X12	LEG EXTENSIONS	1XFAILURE	ROMANIAN DEADLIFT	3X10	LEG EXTENSIONS	1XFAILURE	ROMANIAN DEADLIFT	3X10
	ROMANIAN DEADLIFT	4X8	LEG PRESS	4X10	ROMANIAN DEADLIFT	4X8	LEG PRESS	4X10	LEG PRESS	4X10	DUMBBELL LUNGES	4X12	LEG PRESS	4X10	DUMBBELL LUNGES	4X12
	LEG EXTENSION HOLDS	4X6	LEG EXTENSIONS	3X15	LEG EXTENSION HOLDS	4X6	LEG EXTENSIONS	3X15	DB RDLS	4X8	HAMSTRING CURLS	3X15	DB RDLS	4X8	HAMSTRING CURLS	3X15
	WEIGHTED STEP UPS	3X12	HAMSTRING CURLS	3X15	WEIGHTED STEP UPS	3X12	HAMSTRING CURLS	3X15	HAMSTRING CURLS	4X12	HACK SQUAT	3X8	HAMSTRING CURLS	4X12	HACK SQUAT	3X8
	SINGLE LEG SQUATS	4X15	GOBLET SQUATS	4X8	SINGLE LEG SQUATS	4X15	GOBLET SQUATS	4X8	CALF RAISES	3X20	CALF RAISES	3X20	CALF RAISES	3X20	CALF RAISES	3X20
	HYPER EXTENSIONS	3X12	CALF RAISES	3X20	HYPER EXTENSIONS	3X12	CALF RAISES	3X20								

DAY 6

	CABLE CROSS OVER	1XFAILURE	INCLINE DB PRESS	4 SETS	CABLE CROSS OVER	1XFAILURE	INCLINE DB PRESS	4 SETS	MACHINE FLY	1XFAILURE	INCLINE BENCH PRESS	3X8	MACHINE FLY	1XFAILURE	INCLINE BENCH PRESS	3X8
(SUPERSET)	DB BENCH PRESS	4X10	T-BAR CHEST PRESS	4X10	DB BENCH PRESS	4X10	T-BAR CHEST PRESS	4X10	INCLINE DB PRESS	3XFAILURE	PULLUPS	3X8	INCLINE DB PRESS	3XFAILURE	PULLUPS	3X8
	DB ROW	4X8	LANDMINE ROW	3X12	DB ROW	4X8	LANDMINE ROW	3X12	CABLE PULLOVERS	2XFAILURE	DB ROW	4 SETS	CABLE PULLOVERS	2XFAILURE	DB ROW	4 SETS
(SUPERSET)	INCLINE ARNOLD PRESS	4X12	MACHINE FLY	3X12	INCLINE ARNOLD PRESS	4X12	MACHINE FLY	3X12	PENDLAY ROW	4X10	WEIGHTED PUSHUPS	4XFAILURE	PENDLAY ROW	4X10	WEIGHTED PUSHUPS	4XFAILURE
	RENEGADE ROW	4X10	MACHINE REAR DELT FLY	3X12	RENEGADE ROW	4X10	MACHINE REAR DELT FLY	3X12	INCLINE MACHINE PRESS	4X12	FLAT DB BENCH	3X10	INCLINE MACHINE PRESS	4X12	FLAT DB BENCH	3X10
(FAILURE)	MACHINE CHEST PRESS	2 SETS	WEIGHTED PUSHUPS	3XFAILURE	MACHINE CHEST PRESS	2 SETS	WEIGHTED PUSHUPS	3XFAILURE	MACHINE ROW	4X10	INCLINE DB SEAL ROW	3X12	MACHINE ROW	4X10	INCLINE DB SEAL ROW	3X12
(FAILURE)	MACHINE ROW	2 SETS	PULLUPS	3XFAILURE	MACHINE ROW	2 SETS	PULLUPS	3XFAILURE	WEIGHTED PUSHUPS	4X12	CABLE CROSSOVERS	2 SETS	WEIGHTED PUSHUPS	4X12	CABLE CROSSOVERS	2 SETS
									T-BAR ROW	4X8	BACK EXTENSIONS	2X10	T-BAR ROW	4X8	BACK EXTENSIONS	2X10

WEEK 1

DAY 1

PAUSE SQUAT	1X2 (75% OF YOUR 1RM)
SQUAT	3X6 (72.5% OF YOUR 1RM)
DB RDL	4X12
LEG PRESS	4X10
LEG EXTENSIONS	3X15
HAMSTRING CURLS	3X15
GOBLET SQUATS	4X8
CALF RAISES	3X20

DAY 2

BENCH	1X1 (87.5% OF YOUR 1RM)
BENCH	3X6 (72.5% OF YOUR 1RM)
(PYRAMID SET) INCLINE DB BENCH	4 SETS
(FAILURE) CABLE CROSSOVER	2 SETS
(PYRAMID SET) DB SHOULDER PRESS	4 SETS
DB LATERAL RAISES	3X12
(FAILURE) BENT OVER REAR DELT FLY	3 SETS

DAY 3

DEADLIFT	1X1 (87.5% OF YOUR 1RM)
DEADLIFT	2X7 (70% OF YOUR 1RM)
(BODYWEIGHT) INVERTED ROW	4X12-15
UNDERHAND BB ROW	3X8
SEATED CABLE ROW	4X8
SINGLE ARM PULLDOWN	4X10
(FAILURE) V-BAR PULLDOWN	2 SETS

DAY 4

BENCH	3X4 (75-80% OF YOUR 1RM)
CLOSE GRIP BENCH	3X8 (55% OF 1RM)
(TRISET) STRAIGHT BAR CURLS	4X10
SKULL CRUSHERS	4X10
ALTERNATE DB CURLS	4X10
(PYRAMID SET) OVERHEAD DB EXTENSIONS	4 SETS
ROPE CURLS	4X8
(FAILURE) STRAIGHT BAR PUSHDOWNS	2 SETS

DAY 5

SQUAT	3X5 (72.5% OF YOU 1RM)
DUMBBELL LUNGES	4X12
ROMANIAN DEADLIFT	4X8
LEG EXTENSION HOLDS	4X6
WEIGHTED STEP UPS	3X12
SINGLE LEG SQUATS	4X15
HYPER EXTENSIONS	3X12

DAY 6

CABLE CROSS OVER	1XFAILURE
(SUPERSET) DB BENCH PRESS	4X10
DB ROW	4X8
(SUPERSET) INCLINE ARNOLD PRESS	4X12
RENEGADE ROW	4X10
(FAILURE) MACHINE CHEST PRESS	2 SETS
(FAILURE) MACHINE ROW	2 SETS

WEEK 2

DAY 1

PAUSE SQUAT	1X2 (77.5% OF YOUR 1RM)
SQUAT	3X6 (75% OF YOUR 1RM)
LEG PRESS	3XFAILURE
LEG EXTENSIONS	4X12
HAMSTRING CURLS	3X15
DB ROMANIAN DL	3X12
HACK SQUATS	4X8-10
CALF RAISES	3X20

DAY 2

BENCH	1X1 (87.5%-92.5% OF 1RM)
BENCH	3X6 (75% OF 1RM)
(SUPERSET) DB FLOOR PRESS	4X10
DB LATERAL RAISES	4X12
(PYRAMID SET) REVERSE GRIP DB PRESS	4 SETS
ARNOLD PRESS	3X8
FACE PULLS	4X12

DAY 3

DEADLIFT	1X1 (87.5% OF 1RM)
DEADLIFT	3X6 (70-75% OF 1RM)
(PYRAMID SET) BARBELL ROW	4 SETS
LAT PULLDOWNS	3X12
(FAILURE) INCLINE DB ROW	2 SETS
UNDER HAND LAT PULLDOWN	3X12
ROPE PULLOVER	3X15

DAY 4

BENCH	3X4 (77.5% OF YOUR 1RM)
(TRISET)(NORMAL REPS) STRAIGHT BAR CURLS	3X7
(HALF REPS AT BOTTOM) STRAIGHT BAR CURLS	3X7
(HALF REPS AT TOP) STRAIGHT BAR CURLS	3X7
(PYRAMID SET) STRAIGHT BAR TRI EXT	4 SETS
1 ARM CABLE TRI EXT	3X8
ALT DB INCLINE CURLS	4X12
(FAILURE) REVERSE GRIP TRI EXT	2 SETS

DAY 5

SQUAT	3X5 (72.5% OF YOUR 1RM)
DB RDL	4X12
LEG PRESS	4X10
LEG EXTENSIONS	3X15
HAMSTRING CURLS	3X15
GOBLET SQUATS	4X8
CALF RAISES	3X20

DAY 6

(PYRAMID SET) INCLINE DB PRESS	4 SETS
T-BAR CHEST PRESS	4X10
LANDMINE ROW	3X12
(SUPERSET) MACHINE FLY	3X12
MACHINE REAR DELT FLY	3X12
(SUPERSET) WEIGHTED PUSHUPS	3XFAILURE
PULLUPS	3XFAILURE

WEEK 3

DAY 1

SQUAT	1X1 (85% OF YOUR 1 RM)
SQUAT	3X8 (75% OF YOUR 1RM)
DB RDL	4X12
LEG PRESS	4X10
LEG EXTENSIONS	3X15
HAMSTRING CURLS	3X15
GOBLET SQUATS	4X8
CALF RAISES	3X20

DAY 2

BENCH	1X1 (85% OF YOUR 1RM)
BENCH	3X7 (75% OF YOUR 1RM)
(PYRAMID SETS) INCLINE DB BENCH	4 SETS
(FAILURE) CABLE CROSSOVER	2 SETS
(PYRAMID SET) DB SHOULDER PRESS	3X12
DB LATERAL RAISES	3X12
(FAILURE) BENT OVER REAR DELT FLY	3 SETS

DAY 3

DEADLIFT	1X1 (90% OF 1RM)
DEADLIFT	3X6 (70-75% OF YOUR 1RM)
(BODYWEIGHT) INVERTED ROW	4X12-15
UNDERHAND BB ROW	3X8
SEATED CABLE ROW	4X8
SINGLE ARM PULLDOWN	4X10
(FAILURE) V-BAR PULLDOWN	2 SETS

DAY 4

BENCH	3X5 (77.5% OF YOUR 1RM)
CLOSE GRIP BENCH	3X8 (50% OF YOUR 1RM)
(TRISET) STRAIGHT BAR CURLS	4X10
SKULL CRUSHERS	4X10
ALTERNATE DB CURLS	4X10
(PYRAMID SET) OVERHEAD DB EXTENSIONS	4 SETS
ROPE CURLS	4X8
(FAILURE) STRAIGHT BAR PUSHDOWNS	2 SETS

DAY 5

SQUAT	4X5 (75% OF YOUR 1RM)
DUMBBELL LUNGES	4X12
ROMANIAN DEADLIFT	4X8
LEG EXTENSION HOLDS	4X6
WEIGHTED STEP UPS	3X12
SINGLE LEG SQUATS	4X15
HYPER EXTENSIONS	3X12

DAY 6

CABLE CROSS OVER	1XFAILURE
(SUPERSET) DB BENCH PRESS	4X10
DB ROW	4X8
(SUPERSET) INCLINE ARNOLD PRESS	4X12
RENEGADE ROW	4X10
(FAILURE) MACHINE CHEST PRESS	2 SETS
(FAILURE) MACHINE ROW	2 SETS

WEEK 4

DAY 1

SQUAT	1X1 (87.5% OF YOUR 1RM)
SQUAT	3X8 (75-77.5% OF YOUR 1RM)
LEG PRESS	3XFAILURE
LEG EXTENSIONS	4X12
HAMSTRING CURLS	3X15
DB ROMANIAN DL	3X12
HACK SQUATS	4X8-10
CALF RAISES	3X20

DAY 2

BENCH	1X1 (85% OF YOUR 1RM)
BENCH	3X8 (75-77.5% OF 1RM)
(SUPERSET) DB FLOOR PRESS	4X10
DB LATERAL RAISES	4X12
(PYRAMID SET) REVERSE GRIP DB PRESS	4 SETS
ARNOLD PRESS	3X8
FACE PULLS	4X12

DAY 3

DEADLIFT	1X1 (87.5-90% OF 1RM)
DEADLIFT	4X5 (77.5-80% OF YOUR 1 RM)
(PYRAMID SET) BARBELL ROW	4 SETS
LAT PULLDOWNS	3X12
(FAILURE) INCLINE DB ROW	2 SETS
UNDER HAND LAT PULLDOWN	3X12
ROPE PULLOVER	3X15

DAY 4

BENCH	4X5 (75-77.5% OF 1RM)
(TRISET) (NORMAL REPS) STRAIGHT BAR CURLS	3X7
(HALF REPS AT BOTTOM) STRAIGHT BAR CURLS	3X7
(HALF REPS AT TOP) STRAIGHT BAR CURLS	3X7
(PYRAMID SET) STRAIGHT BAR TRI EXT	4 SETS
1 ARM CABLE TRI EXT	3X8
ALT DB INCLINE CURLS	4X12
(FAILURE REVERSE GRIP TRI EXT	2 SETS

DAY 5

SQUAT	4X5 (75% OF YOUR 1RM)
DB RDL	4X12
LEG PRESS	4X10
LEG EXTENSIONS	3X15
HAMSTRING CURLS	3X15
GOBLET SQUATS	4X8
CALF RAISES	3X20

DAY 6

(PYRAMID SET) INCLINE DB PRESS	4 SETS
T-BAR CHEST PRESS	4X10
LANDMINE ROW	3X12
(SUPERSET) MACHINE FLY	3X12
MACHINE REAR DELT FLY	3X12
(SUPERSET) WEIGHTED PUSHUPS	3XFAILURE
PULLUPS	3XFAILURE

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WEEK 5

DAY 1

SQUAT	4X5 (80% OF YOUR 1RM)
ROMAINIAN DEADLIFT	3X10
HAMSTRING CURLS	3X12
DB RDLS	4X10
LEG EXTENSIONS	3XFAILURE
WEIGHTED LUNGES	5X10
CALF RAISES	3X20

DAY 2

BENCH	1X1 (87.5% OF 1RM)
BENCH	4X5 (77.5% OF 1RM)
(PYRAMID SETS) BB INCLINE BENCH	4 SETS
(SUPERSET) STANDING OHP	3X8
DB LATERAL RAISES	3X10
WEIGHTED PUSHUPS	4X12
45LB PLATE RAISES	3X15

DAY 3

DEADLIFT	1X1 (87.5% OF 1RM)
DEADLIFT	4X4 (82.5-85% OF 1RM)
SEATED CABLE ROW	4X12
1 ARM PULLDOWNS	3X8
DB PULLOVERS	4X8-10
V-BAR PULLUP	3XFAILURE
INCLINE DB ROW	3X12

DAY 4

BENCH	4X5 (70% OF 1RM)
(FAILURE) STRAIGHT BAR EXT	1 SET
INCLINE EZ BAR SKULLCRUSHER	4X12
(PYRAMID SETS) STRAIGHT BAR CURLS	4 SETS
(SUPERSET) TATE PRESS	4X10
ALT DB CURLS	4X10
ROPE HAMMER CURLS	3X10

DAY 5

SQUAT	3X6 (70% OF 1RM)
LEG EXTENSIONS	1XFAILURE
LEG PRESS	4X10
DB RDLS	4X8
HAMSTRING CURLS	4X12
CALF RAISES	3X20

DAY 6

MACHINE FLY	1XFAILURE
INCLINE DB PRESS	3XFAILURE
CABLE PULLOVERS	2XFAILURE
PENDLAY ROW	4X10
INCLINE MACHINE PRESS	4X12
MACHINE ROW	4X10
WEIGHTED PUSHUPS	4X12
T-BAR ROW	4X8

WEEK 6

DAY 1

SQUAT	4X3 (85% OF 1RM)
HAMSTRING CURL	1XFAILURE
DB RDL	4X10
GOBLET SQUATS	4X8
WEIGHTED STEP UPS	3X12
CALF RAISES	3X20

DAY 2

BENCH	1X1 (90% OF 1RM)
BENCH	4X3 (85% OF 1RM)
(PYRAMID SETS) ARNOLD PRESS	4 SETS
(TRISET) DB FRONTAL RAISES	4X10
DB LATERAL RAISES	4X10
FACEPULLS	4X10
(FAILURE) CABLE UPRIGHT ROW	2 SETS

DAY 3

DEADLIFT	1X1 (90% OF 1RM)
DEADLIFT	4X3 (82-85% OF 1RM)
WIDE GRIP PULLDOWNS	4X12
HIGH ROW MACHINE	4X12
V-BAR PULLDOWNS	3X10
STRT BAR PULLOVER	4X8

DAY 4

BENCH	4X5 (70% OF 1RM)
(FAILURE) STRAIGHT BAR CABLE CURL	1 SET
(PYRAMID SET) ALT DB CURLS	4X12
WEIGHT BENCH DIPS	4X15
SPIDER CURLS	3X12
DIAMOND PUSHUPS	3XFAILURE
V-BAR PUSHDOWNS	3XFAILURE

DAY 5

SQUAT	3X5 (72.5% OF 1RM)
ROMANIAN DEADLIFT	3X10
DUMBBELL LUNGES	4X12
HAMSTRING CURLS	3X15
HACK SQUAT	3X8
CALF RAISES	3X20

DAY 6

(SUPERSET) INCLINE BENCH PRESS	3X8
PULLUPS	3X8
(PYRAMID SETS) DB ROW	4 SETS
WEIGHTED PUSHUPS	4XFAILURE
(SUPERSET) FLAT DB BENCH	3X10
INCLINE DB SEAL ROW	3X12
(FAILURE) CABLE CROSSOVERS	2 SETS
BACK EXTENSIONS	2X10

WEEK 7

DAY 1

SQUAT	4X2 (90-92.5% OF 1RM)
ROMAINIAN DEADLIFT	3X10
HAMSTRING CURLS	3X12
DB RDLS	4X10
LEG EXTENSIONS	3XFAILURE
WEIGHTED LUNGES	5X10
CALF RAISES	3X20

DAY 2

BENCH	4X2 (85-92.5% OF 1RM)
CLOSE GRIP BENCH	3X7 (60% OF 1RM)
(PYRAMID SETS) BB INCLINE BENCH	4 SETS
(SUPERSET) STANDING OHP	3X8
DB LATERAL RAISES	3X10
WEIGHTED PUSHUPS	4X12
45LB PLATE RAISES	3X15

DAY 3

DEADLIFT	4X2 (90% OF 1RM)
SEATED CABLE ROW	4X12
1 ARM PULLDOWNS	3X8
DB PULLOVERS	4X8-10
V-BAR PULLUP	3XFAILURE
INCLINE DB ROW	3X12

DAY 4

BENCH	4X5 (70% OF 1RM)
(FAILURE) STRAIGHT BAR EXT	1 SET
INCLINE EZ BAR SKULLCRUSHER	4X12
(PYRAMID SETS) STRAIGHT BAR CURLS	4 SETS
(SUPERSET) TATE PRESS	4X10
ALT DB CURLS	4X10
ROPE HAMMER CURLS	3X10

DAY 5

SQUA	3X3 (70% OF 1RM)
LEG EXTENSIONS	1XFAILURE
LEG PRESS	4X10
DB RDLS	4X8
HAMSTRING CURLS	4X12
CALF RAISES	3X20

DAY 6

MACHINE FLY	1XFAILURE
INCLINE DB PRESS	3XFAILURE
CABLE PULLOVERS	2XFAILURE
PENDLAY ROW	4X10
INCLINE MACHINE PRESS	4X12
MACHINE ROW	4X10
WEIGHTED PUSHUPS	4X12
T-BAR ROW	4X8

WEEK 8

DAY 1

SQUAT	1X1 (MAX OUT)
HAMSTRING CURL	1XFAILURE
DB RDL	4X10
GOBLET SQUATS	4X8
WEIGHTED STEP UPS	3X12
CALF RAISES	3X20

DAY 2

BENCH	1X1 (MAX OUT)
CLOSE GRIP BENCH	3X8 (45% OF 1RM)
(PYRAMID SETS) ARNOLD PRESS	4 SETS
(TRISET) DB FRONTAL RAISES	4X10
DB LATERAL RAISES	4X10
FACEPULLS	4X10
(FAILURE) CABLE UPRIGHT ROW	2 SETS

DAY 3

DEADLIFT	1X1 (MAX OUT)
DEFICIT DEADLIFT	2X6 (50% OF 1RM)
WIDE GRIP PULLDOWNS	4X12
HIGH ROW MACHINE	4X12
V-BAR PULLDOWNS	3X10
STRT BAR PULLOVER	4X8

DAY 4

BENCH	4X5 (70% OF 1RM)
(FAILURE) STRAIGHT BAR CABLE CURL	1 SET
(PYRAMID SET) ALT DB CURLS	4X12
WEIGHT BENCH DIPS	4X15
SPIDER CURLS	3X12
DIAMOND PUSHUPS	3XFAILURE
V-BAR PUSHDOWNS	3XFAILURE

DAY 5

ROMANIAN DEADLIFT	3X10
DUMBBELL LUNGES	4X12
HAMSTRING CURLS	3X15
HACK SQUAT	3X8
CALF RAISES	3X20

DAY 6

(SUPERSET) INCLINE BENCH PRESS	3X8
PULLUPS	3X8
(PYRAMID SETS) DB ROW	4 SETS
WEIGHTED PUSHUPS	4XFAILURE
(SUPERSET) FLAT DB BENCH	3X10
INCLINE DB SEAL ROW	3X12
(FAILURE) CABLE CROSSOVERS	2 SETS
BACK EXTENSIONS	2X10